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Kundalini: A Dangerous Energy to Awaken?



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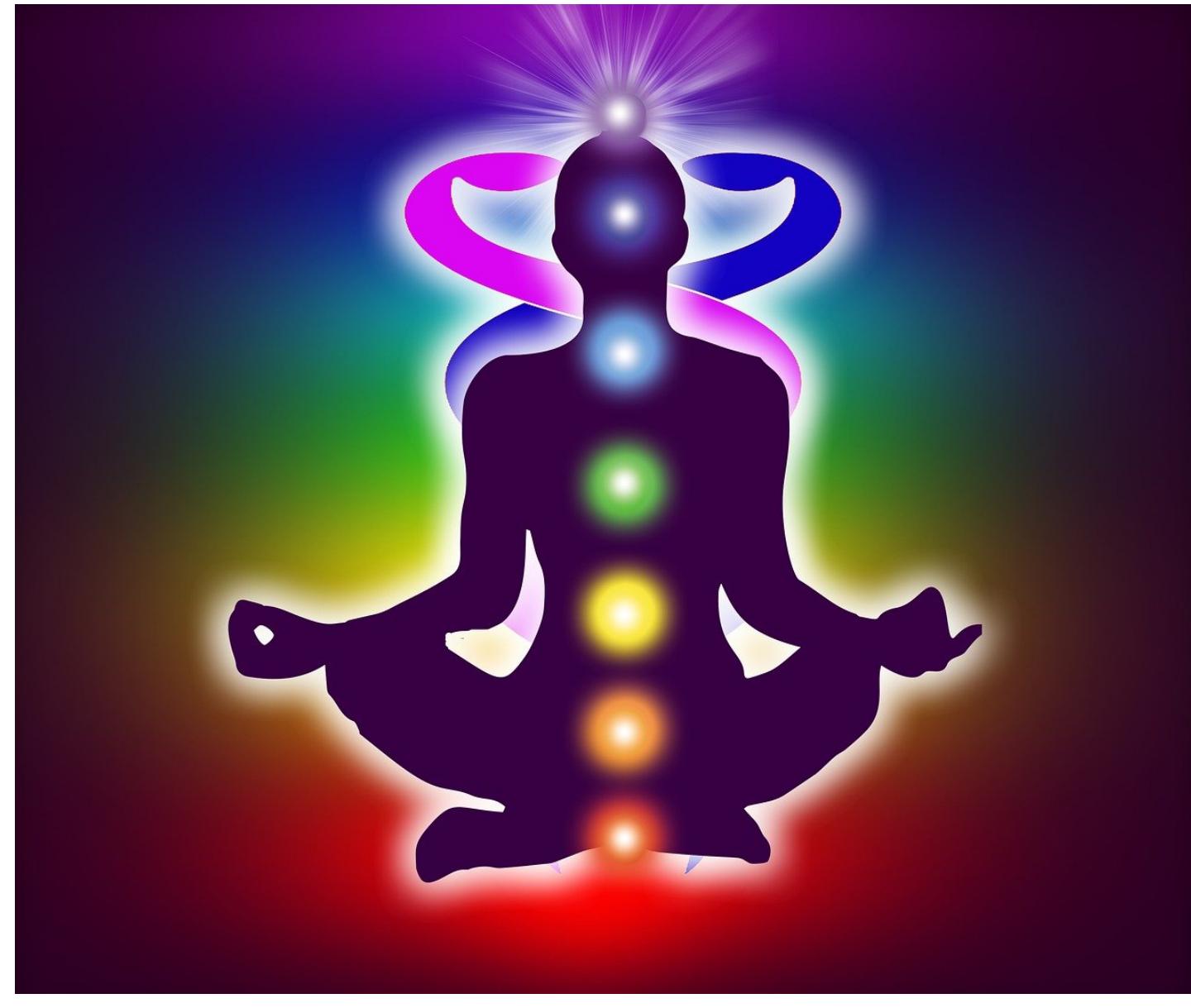
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Kundalini is a form of energy that is said to reside in the root chakra, the lowest of the seven energy centers in the human body. According to some traditions, kundalini can be awakened and made to rise through the central channel called sushumna nadi, reaching the crown chakra and leading to a state of enlightenment.



There are specific yogic practices that aim to provoke the kundalini awakening, such as hatha yoga, which includes postures (asanas) like the lotus pose (padmasana), breathing exercises (pranayama) like alternate nostril breathing (anuloma-viloma), and breath retention (kumbhaka). However, these practices are not without risks and should be done with caution and guidance.

Many people who have attempted to awaken their kundalini have reported negative and harmful effects, such as mental instability, physical discomfort, sleeplessness, excessive pressure on the head, inability to work, sensations of crawling or drilling on the spine or forehead, feeling of exploding or dying, and scratching the head like mad. These are some of the symptoms that I have personally experienced and I can tell you that they are very unpleasant and distressing. You will lose your peace of mind and your balance because you will not know how to handle or ground the excess energy. This energy is cosmic and beyond your control. Do not be deceived by fake gurus who claim to teach you how to awaken your kundalini. Use your common sense and do not follow blindly.

Trying to awaken your kundalini is a sign of ego and arrogance. You are not smarter than nature or the universe. They have decided to place the kundalini energy in the root chakra for a reason. Why do you want to go against their will? Kundalini awakening is not a shortcut to spiritual growth, it is a trap. Please stay away from practices that promise to awaken your kundalini. They are more likely to harm you than help you.

I know you don't trust me, but here is a real spiritual guru Osho's speech on kundalini. Please listen carefully.



You don't need to activate your chakras or ascend to the seventh heaven to find God. You only need to awaken to the truth that God is already within you, and you are already within God.

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